

# Action Breaks and Learning

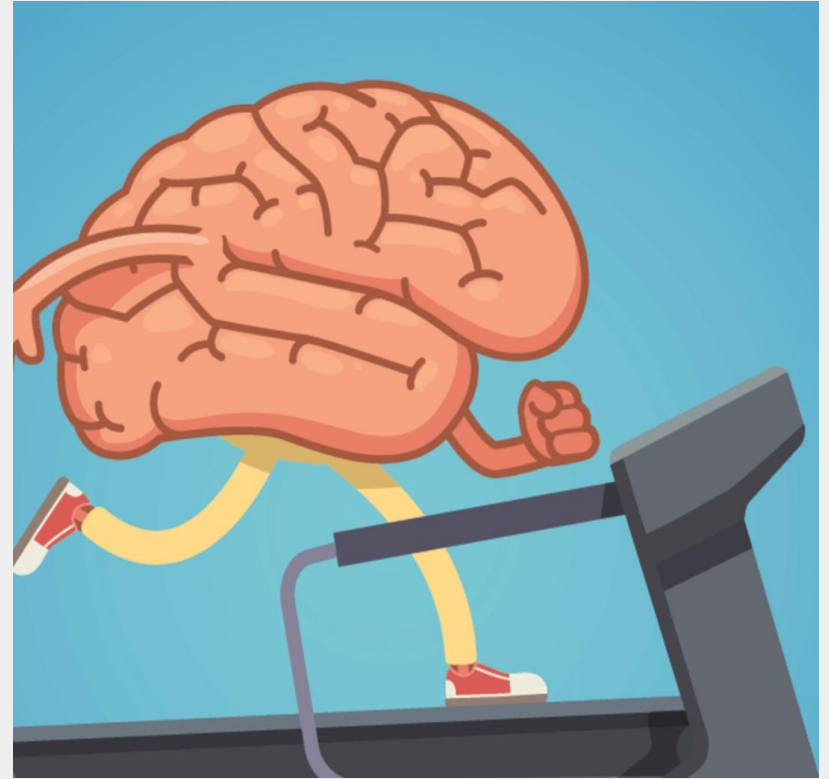


**Small action breaks can improve learning and concentration in students in several ways:**



# 1. Increased oxygen flow to the brain:

Movement and exercise increase blood flow and oxygenation to the brain, which can help students feel more alert, awake, and focused.



## **2.Reduced stress and anxiety:**

Physical activity and movement can help reduce stress and anxiety, which can be a major barrier to learning and concentration. Even a short break to stretch or move around can help students feel more relaxed and ready to engage in learning



### 3. Improved mood and energy levels:

Movement and exercise release **endorphins**, which can improve mood and energy levels. This can be particularly helpful during long periods of sitting or during times of the day when students may be feeling sluggish or tired.



## 4. Increased motivation and engagement:

Taking a break to move around or engage in physical activity can help students feel **more motivated and engaged** in their learning. This can be particularly true for students who struggle with attention or motivation during long periods of sitting or lecture-style teaching.



## 5. Enhanced memory and learning:

Studies have shown that physical activity and movement can enhance memory and learning by stimulating the **growth of new neurons** and improving connections between existing ones.



# Conclusion

Overall, incorporating small action breaks into the classroom can help students feel more **energized, focused, and engaged** in their learning, which can lead to improved academic performance and success.

